

Fix it at home: Infantile Torticollis and Plagiocephally

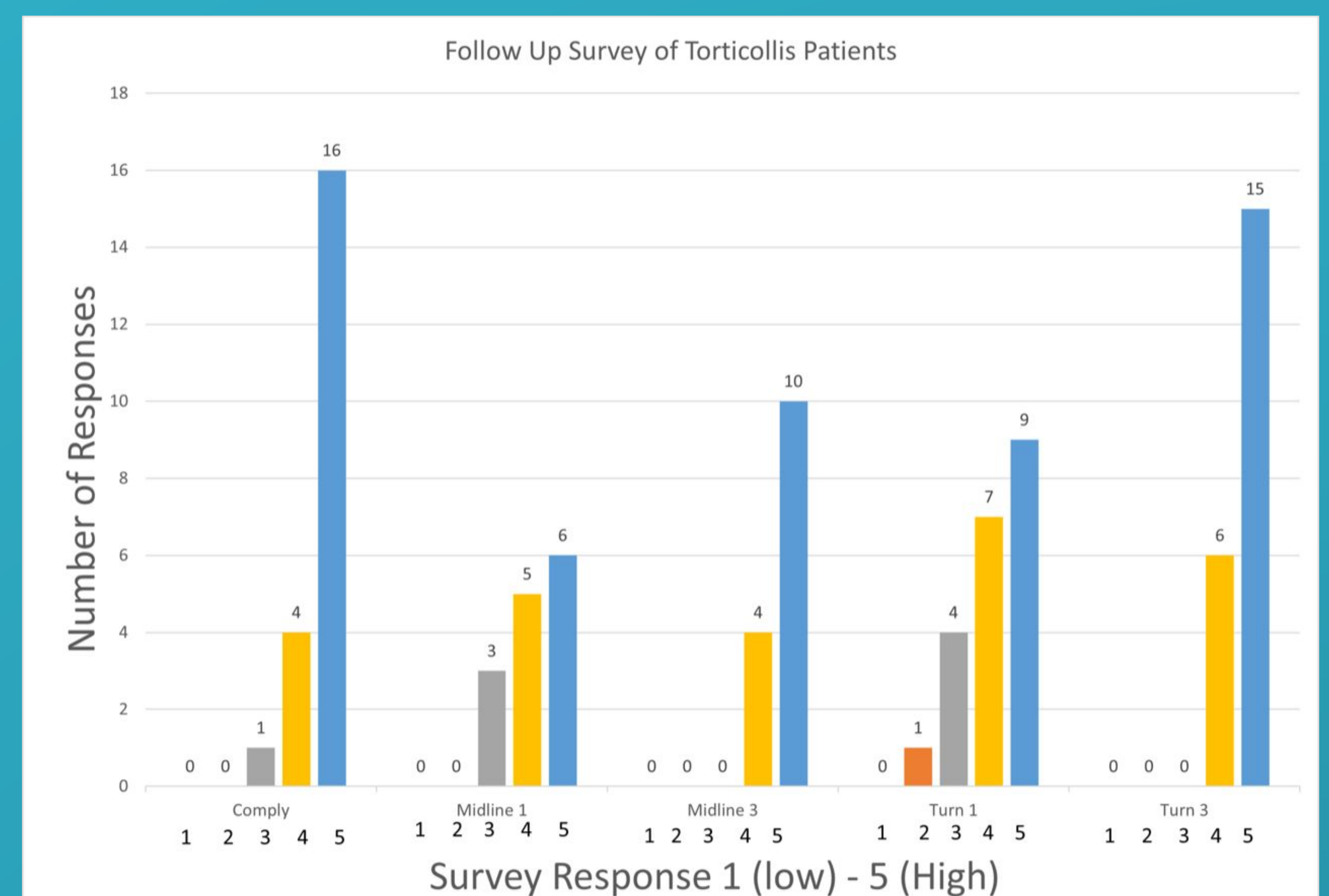
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I have been a Pediatric Physical Therapist (PT, GCFP, ABM practitioner), in New York City & New Jersey, USA since 1989. In 2012, based on my success with thousands of infants, I developed a Torticollis workshop using my gentle & effective methods. Since then, I have taught my program to hundreds of physical & occupational therapists around the world through my course, “Torticollis, A Gentler Approach.” It was a 7-hour, in-person course or a 2-hour-long webinar. I have amended it for international professionals & caregivers called: “Infantile Torticollis & Plagiocephally: Fix it at Home.”

My approach is a paradigm shift in how families & caregivers can overcome obstacles to treatment due to limited finances or lack of trained professionals and/or therapists in the community. One tele-health visit can determine the diagnosis, & the caregiver can work daily with the baby at home until the condition is resolved. Parents are taught to utilize the positioning & exercises in activities of daily living, it can resolve in several weeks.

In 2022, in the public clinic, I saw 59 Torticollis patients. Of these patients, 88% reached my objective criterion: maintenance of midline position 85% of the time & ability to rotate the head freely in both directions. The remaining 12% did not complete the program and did not receive a final evaluation. Patients completing the program took an average of 5.9 ± 4.3 days (Mean $\pm$ SD) to reach objective criterion.



To determine if the infants continued to show improvement after discharge, a survey was sent to caregivers whose infants were successfully discharged. Twenty-one people answered with positive responses. The responders were asked to score their responses on a 1-5 scale, with 1 the lowest and 5 the highest compliance & effectiveness. See graph below & note that the abbreviations on the graph are described in the questions below.

The following questions were asked on the survey:

- 1. How easy was it to comply with the home program? (Comply)
- 2. Improvement of the tilt at 1 month?(Midline 1)
- 3. Improvement of the tilt at 3months?(Midline 3)
- 4.Improvement cervical rotation at 1 month? (Turn 1)
- 5. Improvement cervical rotation at 3 months?(Turn 3)



Demonstration of two techniques for at-home infantile torticollis treatment

To view a pre-recorded webinar of a Torticollis Training-of-Trainers visit nancyp4kids.com or scan the QR code below



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